

**Vermont Mental Health Performance Indicator Project**  
Agency of Human Services, Department of Health, Division of Mental Health  
Weeks Building, 103 South Main Street, Waterbury, VT 05671-1601

MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project  
Advisory Group and Interested Parties

FROM: John Pandiani  
Monica Boyd

DATE: December 10, 2004

RE: Adult Outpatient Type of Service: FY2004

This PIP is the second in a series that reports on the types of service provided by community programs in Vermont. Last week's report provided a statewide program level overview of the amount of service in six major outpatient service categories that were provided by DMH community-based programs during FY2004. This week's report provides a comparison of the amount of service provided by each of Vermont's Adult Mental Health Outpatient Programs (AOP) during the same time period. Future reports will provide a similar comparison of local programs for CRT programs, children's mental health programs, and substance abuse programs. The findings in this series are based on analysis of Monthly Service Report data provided to DMH by designated community service providers.

As you will see, there were substantial differences in patterns of service delivery for AOP programs in different parts of Vermont. Individual/family/group therapy accounted for more than 70% of the services reported for Washington County and more than 60% of all services reported by three other regions (Chittenden, Southeast, and Orange). Individual/family/group therapy, however accounted for only 17% of the services reported for the Rutland region, and 33% of the services reported for Northeastern Vermont. Medication services accounted for 1% of the services reported for Southeast and less than 10% of the services reported for 5 other regions (Chittenden, Bennington, Orange, Rutland, and Washington), but accounted for 41% of all services reported for Lamoille County. Community support services accounted for between 5% and 25% of all services provided for eight regions, but accounted for 58% of the services reported for the Rutland region.

We look forward to your comments regarding these patterns of variation in services provided/received. We are especially interested in ideas about the degree to which the patterns reported here represent differences in treatment patterns and the degree to which they represent difference in reporting conventions. We are also interested in your suggestions for further analysis of these data. Please e-mail to us at [pip@vdh.state.vt.us](mailto:pip@vdh.state.vt.us) or call 802-241-2638.

## **Six Major Outpatient Service Categories**

### **Individual, Family and Group Therapy**

Individual Therapy is a method of treatment that uses the interaction between a therapist and the individual to facilitate emotional or psychological change, to alleviate distress, and change substance use. Family Therapy is a method of treatment that uses the interaction between a therapist, the individual, and family members to facilitate emotional or psychological change and to alleviate distress. Group Therapy is a method of treatment that uses the interaction between a therapist, the individual, and peers to facilitate emotional or psychological change and to alleviate distress.

### **Medication and Medical Support and Consultation Services**

Medication and Medical Support and Consultation Services include evaluating the need for, prescribing and monitoring medication, and providing medical observation, support and consultation for an individual's health care.

### **Clinical Assessment**

Clinical Assessment refers to psychiatric, psychological, psychosocial, substance abuse, and/or developmental assessment sessions and the preparation of individualized plans, including the administration and interpretation of psychometric tests and the preparation of reports.

### **Service Planning and Coordination**

Service Planning and Coordination assists individuals and their families in planning, developing, choosing, gaining access to, coordinating and monitoring the provision of needed services and supports for a specific individual.

### **Community Supports**

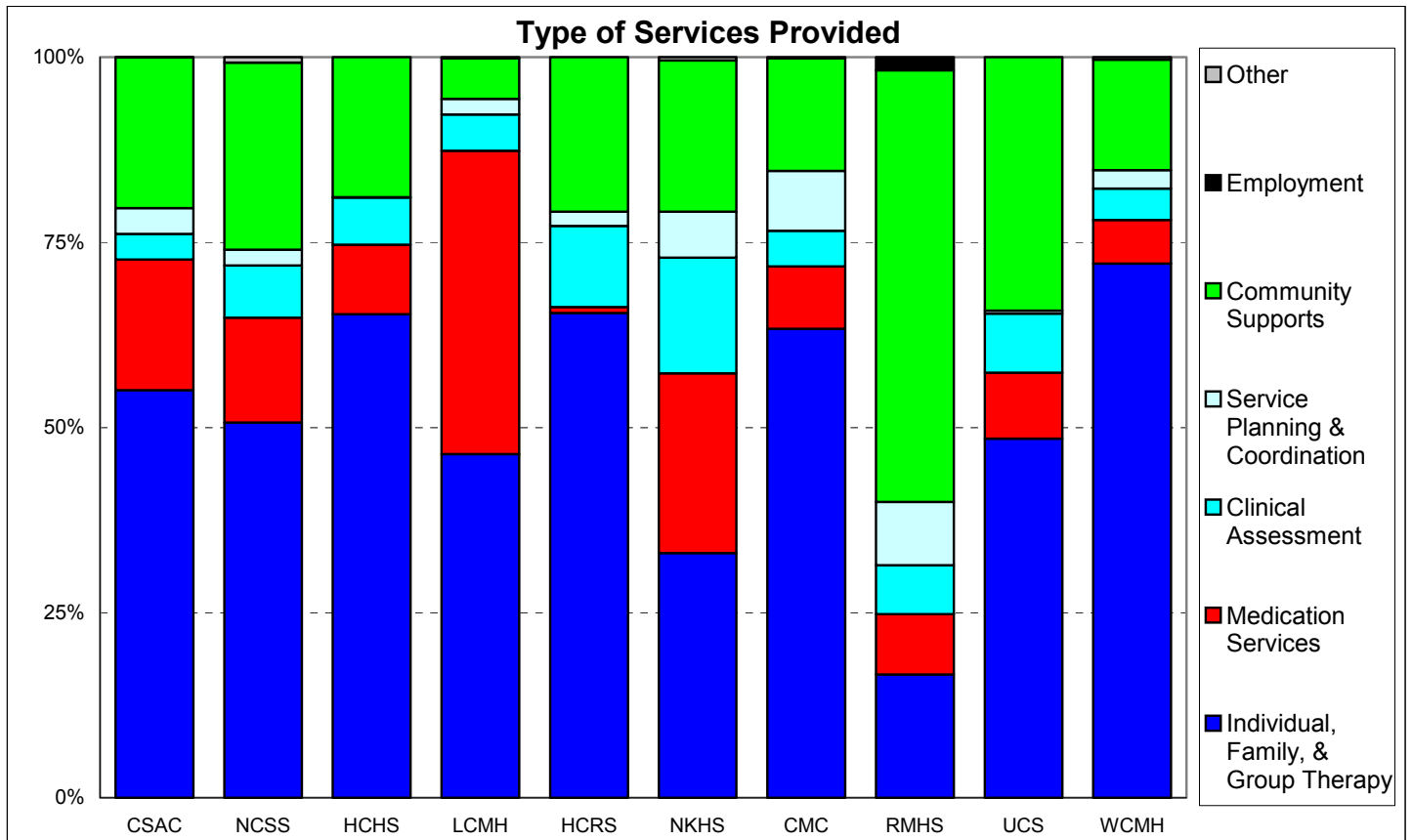
Community Supports include individualized, goal-oriented supports, which assist individuals (and families) to develop the skills and social supports necessary to promote positive growth. These supports may include assistance in daily living, supportive counseling, support to participate in community activities, collateral contacts, and building and sustaining healthy personal, family and community relationships. All of these activities may also be provided in a group setting.

### **Employment Services**

Employment Services assist transition age youth and adults in establishing and achieving career and work goals. These services include employment assessment, employer and job development, and ongoing support

A more detailed description of these services is available on-line at  
<http://www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf>

Type of Services Provided  
**Adult Mental Health Outpatient Programs**  
 By Provider: FY 2004



Region - Provider		Type of Service Provided							
		Total Outpatient Services	Individual, Family & Group Therapy	Medication Services	Clinical Assessment	Service Planning & Coordination	Community Supports	Employment	Other
Addison -	CSAC	6,960	55%	18%	3%	3%	20%	0.0%	0.1%
Northwest -	NCSS	10,957	51%	14%	7%	2%	25%	0.0%	1%
Chittenden -	HCHS	7,150	65%	9%	6%	0%	19%	0.0%	0.0%
Lamoille -	LCMH	1,407	46%	41%	5%	2%	5%	0.1%	0.0%
Southeast -	HCRS	10,906	65%	1%	11%	2%	21%	0.0%	0.0%
Northeast -	NKHS	7,158	33%	24%	16%	6%	20%	0.0%	0.4%
Orange -	CMC	6,198	63%	8%	5%	8%	15%	0.0%	0.1%
Rutland -	RMHS	2,367	17%	8%	7%	9%	58%	2%	0.0%
Bennington -	UCS	9,523	48%	9%	8%	0%	34%	0.0%	0.0%
Washington -	WCMH	6,245	72%	6%	4%	3%	15%	0.0%	0.3%
Total		68,871	55%	11%	8%	3%	23%	0.1%	0.2%

Analysis includes outpatient services provided to individuals served by Adult Mental Health Outpatient Programs. "Other" includes emergency/crisis services. For detailed explanation on these types of service, see the notes in the annual statistical report ([www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf](http://www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf))